

Hummus with Pita Bread

Makes: 48 Servings

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Ingredients	Weight	Measure
Cooked garbanzo beans/chickpeas		24 cups
Water		2 cups
Garlic, minced		8 cloves
Tamari or soy sauce		1 Tbsp
Lemon juice		1 cup
Parsley, minced		2 cups
Scallions, minced		2 cups
Salt		1/2 cup

Nutrition Information	
Nutrients	Amount
Calories	317
Total Fat	8 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	236 mg
Total Carbohydrate	49 g
Dietary Fiber	N/A
Total Sugars	N/A
Added Sugars included	N/A
Protein	13 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

	Black pepper	1 teaspoon
Tahini		2 cups
Whole-wheat pita rounds		48
Chopped tomatoes, cucumber, and lettuce		as garnish

Directions

1. Mash chickpeas to a paste, adding enough water for a smooth consistency. Blend with other ingredients, except pita rounds, tomatoes, cucumber, and lettuce. Adjust seasonings to taste.

2. Cut each pita round in half. Fill each half with 1½ cup hummus. Top with chopped tomatoes, cucumber, and lettuce.

3. Hummus can also be served as a dip. Serve 2½ cup hummus with a pita round that has been cut into 6 wedges. Raw vegetables, such as mushrooms, carrot sticks, sliced zucchini, and broccoli florets, can also be used as dippers.

Source: Gold Plan Institutional Recipes - Physicians Committee for Responsible Medicine